

POOLER

Vol I • Issue II

JUNE/ JULY 2016

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POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

| | | |
|--------------------|-----------------------|----------------|
| Mayor | Mike Lamb | (912) 748-7261 |
| City Manager | Robert H. Byrd Jr. | (912) 748-7261 |
| City Attorney | Steven Scheer | (912) 233-1273 |
| City Clerk | Maribeth Lindler | (912) 748-7261 |
| Finance Officer | Michelle Warner | (912) 748-7261 |
| Fire & Rescue | Chief G. Wade Simmons | (912) 748-7012 |
| H/R Director | Andrea Anderson | (912) 748-7261 |
| Police | Chief Mark Renew | (912) 748-7333 |
| Public Works | Matt Saxon | (912) 748-4800 |
| Recreation Dept | Hugh Elton | (912) 748-5776 |
| Sr. Citizen Center | Susan Edwards | (912) 330-0493 |
| Zoning Admin. | Kimberly Classen | (912) 748-7261 |

<http://pooler-ga.us>

Other Pooler Sources:

| | |
|---|----------------|
| Auto Registration | (912) 652-6800 |
| Better Business Bureau | (912) 354-7521 |
| CEMA Hurricane Hotline | (912) 201-4590 |
| Chatham County Court House | (912) 652-7175 |
| Chatham County Tax Assessor | (912) 652-7271 |
| Drivers License | (912) 691-7400 |
| Georgia Dept of Revenue | (912) 356-2140 |
| Library | (912) 748-0471 |
| Pooler Chamber of Commerce/Visitor Bureau | (912) 748-0110 |
| United States Post Office | (912) 748-4927 |
| Veterans Affairs | (912) 352-0441 |

Hospitals, Health and Medical Resources:

| | |
|----------------------------------|----------------|
| Candler Hospital | (912) 819-6000 |
| Memorial Medical Center | (912) 350-8390 |
| Memorial Health Generation One | (912) 350-7587 |
| St. Joseph's Hospital | (912) 819-4100 |
| St. Joseph's Hospital CareCall | (912) 819-3360 |
| St. Joseph's/Candler SmartSenior | (912) 352-4405 |

Other Sources:

| | |
|----------------------------------|----------------|
| Chatham County Health Department | (912) 356-2441 |
| Poison Control Hotline | (800) 222-1222 |
| VA Outpatient Clinic | (912) 920-0214 |

Pooler Schools

| | |
|-------------------------|----------------|
| Pooler Elementary | (912) 395-3625 |
| West Chatham Elementary | (912) 395-3600 |
| West Chatham Middle | (912) 395-3650 |
| New Hampstead High | (912) 395-6789 |

Pooler / Area Community Churches

| | |
|-------------------------------------|----------------|
| Beth-El Alliance Church | (912) 925-2961 |
| Calvary Assembly of God | (912) 748-5847 |
| Christ Presbyterian Church | (912) 399-5717 |
| Chua Cat-Tuong Temple | (912) 965-1876 |
| First Presbyterian Church of Pooler | (912) 330-9415 |
| First Baptist Church of Pooler | (912) 748-7521 |
| Heavenbound Baptist Church | (912) 921-1500 |
| Morning Star Baptist Church | (912) 748-9994 |
| New Birth Savannah | (912) 748-2969 |
| New Testament Baptist Church | (912) 964-7655 |
| Pooler Bible Church | (850) 274-2534 |
| Quacco Baptist Church | (912) 925-3885 |
| Relate Church | (912) 988-1354 |
| Risen Savior Lutheran Church | (912) 925-9431 |
| Rothwell Baptist Church | (912) 748-7593 |
| Southbridge Community Church | (912) 401-8505 |
| South Valley Baptist Church | (912) 748-0279 |
| St. Patrick's Episcopal Church | (912) 748-6016 |
| The Church at Godley Station | (912) 236-1511 |
| Trinity United Methodist Church | (912) 748-4141 |
| West Chatham Baptist Church | (912) 748-2022 |
| Westside Christian Church | (912) 748-0309 |

Utility Companies

| | |
|---------------------|----------------|
| AT&T | (800) 288-2020 |
| City of Pooler | (912) 748-4800 |
| Comcast | (800) 266-2278 |
| Direct TV | (866) 810-7892 |
| Excede Internet | (855) 627-2553 |
| Georgia Natural Gas | (877) 850-6200 |
| Georgia Power | (800) 437-2262 |
| Hargray | (912) 631-1300 |
| Save n Energy | (888) 248-0998 |
| SCANA Energy | (877) 467-2262 |
| Sunpower | (800) 786-7693 |
| Vonage | (888) 218-9015 |

Animal Control

| | |
|-------------------------------|----------------|
| Animal Control | (912) 625-6575 |
| Animal Shelter (Lost Pets) | (912) 351-6750 |
| Chatham County Humane Society | (912) 354-9515 |

POOLER

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POOLER Today

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Greetings Pooler Community

I recently found the tribute journal from my 50th birthday. I remember it like it was yesterday, but alas – it was 20 years ago, meaning I'm about to turn 70! I have no choice but to step up to the plate on this milestone thanks to Facebook which will make sure the world is aware that I am on my way to geezer-dom.

Yes, I'm freaking out a bit, but it's pretty cool to be amongst the 2.3 million of us turning 70 this year. We are, after all, at the vanguard of the baby boomer generation. Even so, I can barely mutter "70" without shuddering and heading over to the ol' folks corral for a big swig of Ensure.

So how does it feel to be a leader of the boomer pack? Awesome, thank you! We are setting the bar for those who follow which is a huge responsibility and we should take on this rite of passage with pride. We did so in the 60s, proudly introducing the hippie era by sporting long hair, bell bottoms, flashing peace signs and revolting against anything that smacked of establishment. Still tied to their mothers' apron strings, those a year or so younger could only watch with envy as many of us roamed the streets shouting "make love, not war." Hopefully, we will continue to contribute meaningful stuff to those who follow such as advice to run like heck when your kids want to take away your driver's license; and reminders to head to Denny's for your free senior's birthday meal. Also, make sure you display those bumper stickers designed for us such as 'I may be old, but I got to see all the cool bands,' or 'I'm not old, I'm extra crispy' (my favorite).

Reflecting on testimonials from my 50th, I think it's true that 'the more things change, the more they stay the same.' Take my driving skills. Although I've always believed myself to be an exemplary driver, others thought otherwise. So what if I dented my new company car the first day I had it. So what if a colleague had to jump into my car and stop it after I got out and left it in drive. Everybody makes a mistake here and there. Guess I'm still making them as I notice neighbors shooing the kids inside when I drive by and golfers running for safety when they see me behind the wheel of a golf cart.

Good things that have stayed the same include my beautiful wife Cierra who is even more beautiful today. Also, I still have all my teeth and hair, and can hop out of bed unassisted (at least most of the time). I believe I have a lot of gas left in my tank and plan to use it well in the years to come, both as a dedicated family man and someone who strives to better the lives of others and the world.

When I began this Publishers Letter, I wasn't sure what style would work best. Ultimately, I chose humor, with a touch of cynicism because I like that approach to life – no matter what your age. Thanks to medical advances, 70-year-olds can expect to live 15 years longer than people who reached that age in 1965. In keeping with our boomer guiding principle, 'Today still is the first day of the rest of your life.' So hang on to your sense of humor because you're probably going to need a lot of it in the years to come.

In Gratitude,

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June / July Editorial Contributors

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|--------------------------------|---------------------------------|
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| Jason Barrett | Pooler Hospice Angels |
| Nancy Beskar | Ensuring Privacy In Your Home |
| Teri Bell | Miss Sophie's Kitchen |
| Andrew Carlson, M.D. | Medical Edge |
| Gina Casagrande | West Chatham YMCA |
| Teresa Cowart | Pooler Real Estate Replay |
| Rosemary Cutuli | Pooler Lions Club Int'l |
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| Jill Schlessinger | Jill on Money |
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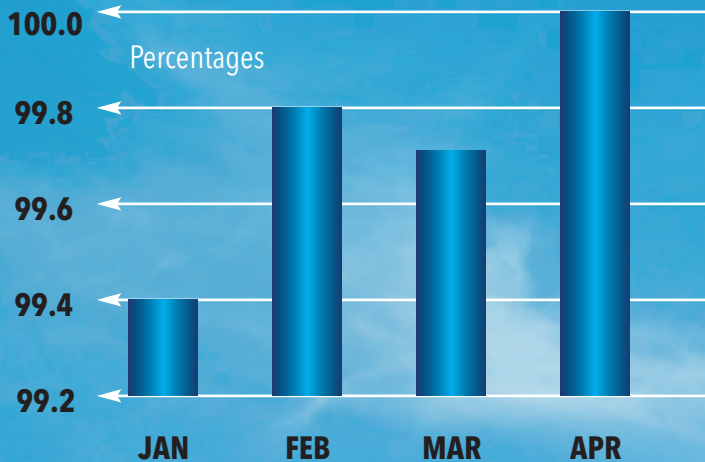
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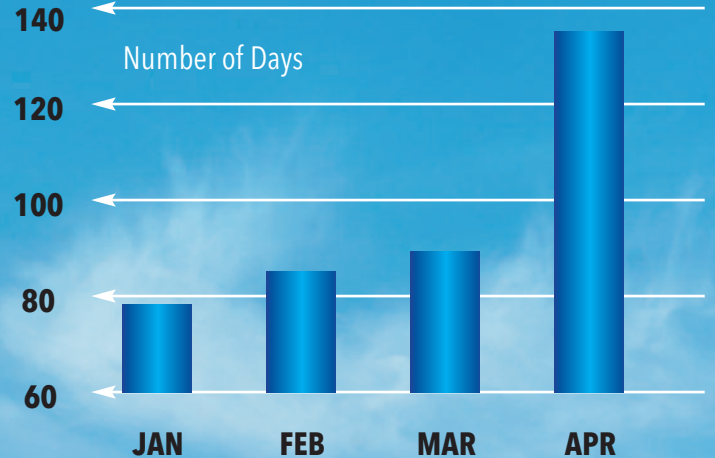
January- April 2016

Replay

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AVERAGE # OF DAYS ON THE MARKET

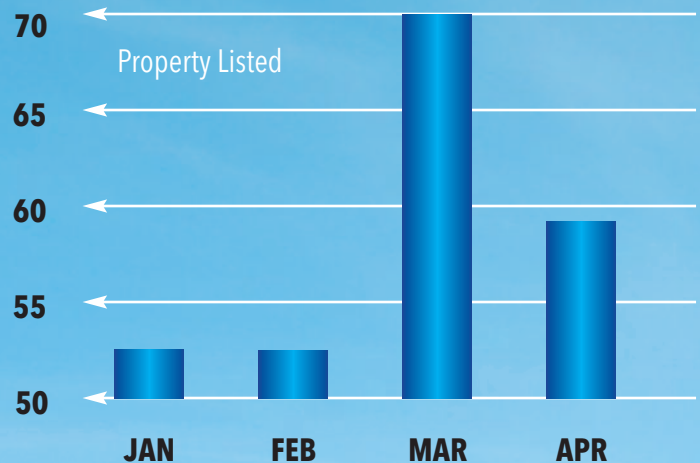


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Hurricane Preparedness

By Meredith Ley

CEMA, Public Information Officer

“WATCH” ACTIONS

When a Hurricane Watch is issued, conditions pose a possible threat to a specific area within 36 hours. Recommended actions to take:

- ✓ Monitor radio, TV, NOAA weather radios for information on storm progression.
- ✓ Fuel and service family vehicles.
- ✓ Inspect and secure mobile home tie-downs.
- ✓ Determine your evacuation destination.
- ✓ Prepare to cover window and door openings with protective materials. If you have not pre-cut plywood for windows, do it now.
- ✓ Check food and water supplies. Have clean, airtight containers on hand to store water.
- ✓ Keep a small cooler with frozen jell packs for refrigerated items.
- ✓ Check supplies of prescription medicine.
- ✓ Check and stock up on radio, flashlight and lantern batteries.
- ✓ Secure outdoor lawn furniture and other loose, lightweight objects such as garbage cans, garden tools, potted plants, etc.
- ✓ Check and replenish first aid supplies.
- ✓ Have an extra supply of cash and coins.

WHEN A WARNING IS POSTED

When a Hurricane Warning is issued, winds of 74 mph or higher are expected to affect a specified area within 24 hours. This Warning is the signal to take immediate action to prepare for the full impact of a hurricane. The consequences for coastal communities could be devastating if proper emergency actions are not taken.

Warning Actions:

- Closely monitor radio and TV weather reports.
- Follow instructions from local officials.
- Leave immediately if ordered to do so.
- Rush to complete preparation activities.
- Evacuate.
- Leave mobile homes.
- Notify neighbors and family members outside the warning area of your evacuation plans.
- Stay with friends or relatives or at an inland hotel or motel outside the flood zone.
- Take your pet and its medical records. Take collar, carrier, dishes, medication, food and water. Public shelters do not allow pets, but pet shelters are in every county.

- Public shelters will only be available for people who do not have a place to go. They should only be used as a last resort.

WHEN TO EVACUATE

Long before a hurricane becomes an immediate threat, you should have already decided where you will go if an evacuation is necessary: friends and relatives, motel or hotel outside the threatened area, or public shelter? Don't wait to decide.

Use the following guidelines:

- The more hazards in your location, the more important it is that you leave even if it is only precautionary.
- If you live in a mobile home, even if it is well away from the coast and tied down, the wind can pose a threat to your safety.
- If you live in a hurricane evacuation zone you should leave as early as possible; preferably when the **Voluntary Evacuation** is announced.

WHAT TO TAKE

- Wills, insurance policies, contracts, powers of attorney, deeds, appraisals, critical computer files, stocks and bonds.
- Passports, Social Security cards, Military records.
- Bank account records.
- Credit card names & numbers.
- Inventory & household goods' photos/video.
- Important phone numbers.
- Medical & dental records & prescriptions.
- Birth certificates and citizenship information
- Adoption papers and court orders.

PUBLIC SHELTER

Shelters will be opened on an as-required basis. Public shelters are basic; bring your own creature comforts. Shelter locations will be broadcast on radio and TV. Medical care is generally not available. Shelters will have food, but it is best to bring your own. Do not expect a bed; be ready to set up a home away from home on the floor. Primary Shelters are located in Augusta, Macon, Douglas, Statesboro, Waycross, Dublin, and Tifton. No more than TWO hand-carry bags per person.

Consider:

- Lightweight folding chairs, cots and bedding.
- No perishable/dried food items.
- Extra clothing, personal care items and toilet paper.
- Quiet games or toys for the children.
- Identification; to prove residency or ownership in order to gain re-entry into your community.
- Spare eyeglasses, prescription medicine, special diet and baby foods.
- Diapers, blankets, pillows and sleeping bags.
- Flashlights with extra batteries, cash or travelers checks.
- No Weapons, Alcohol or Illegal Drugs.

Continued on page 9



NO TRANSPORTATION TO EVACUATE?

In the event of a Mandatory Evacuation, Chatham County residents will need to evacuate even if they do not have their own transportation. If you do not have your own vehicle, please observe the following:

- Chatham Area Transit (CAT) will continue to operate its routine bus routes, but all buses will go to the Civic Center.
- Passengers with no other means of transportation who wish to evacuate will be taken to the Civic Center as their initial destination
- No parking will be allowed in the vicinity of the Civic Center
- If you drive to the Civic Center or ride with a family member or friend, DO NOT expect to board a bus.
- Evacuation buses are for people with no other means of transportation.

124 Bull Street, Suite 140 Savannah, GA
(912) 201.4500
www.ChathamEmergency.org

GETTING TO THE SHELTER

- Evacuees will be directed to a registration area at the Civic Center.
- Evacuees will be seated by bus assignment on Board of Education buses for transport to inland shelters for the duration of the evacuation. The earliest buses go to the closest shelters and therefore have the shortest trips.
- The buses will be crowded. Be reasonable with what you take; no more than two hand-carry bags per person.
- School buses are not air-conditioned; expect some discomfort.
- Several seats are left empty on each bus to accommodate stranded motorists.

PETS

- Make evacuation plans for your pet.
- Evacuees requiring transportation can bring dogs and cats on public buses if the animals are in owner-provided travel carriers.
- Public shelters will not accept pets; but, pet shelters are in every county that has a public shelter. Shelter staff will help locate a pet shelter.

PETS MUST HAVE

- Dogs must have proof of current vaccinations for rabies, DHLPP, Bordetella, and corona.
- Cats require proof of current vaccinations for rabies, feline leukemia, and FVRCP.
- Feeding bowls and four days of food, water, medications.
- Pet carrier, leash, and tagged collar.



HURRICANES



TORNADOS



FLOODING



GET IT - WE HAVE AN APP FOR THAT

Developing a family preparedness plan and getting up-to-date emergency information has never been easier thanks to the new CEMA App. With the touch of a finger, users can access the latest weather information, live radar and alerts. The App is free and available on all iPhones and Android devices. To download, visit the App Store and search for "ChathamEMA."

HURRICANE PREPAREDNESS GUIDES are available at:
<http://www.chathamemergency.org/general/about.php>

- Hurricane Action Guide
- Hurricane Evacuation Guide
- Family Hurricane Preparedness Guide
- Pet Emergency Planning Guide
- Senior Citizens Hurricane Preparedness Guide
- Nursing Home Evacuation Guide
- Hurricane Planning Guide for County Departments and Agencies
- Storm Ready Community
- Public Transportation and Sheltering Guide
- Flooding
- Tornadoes

RESIDENT RESOURCES are available at
<http://www.chathamemergency.org/general-public/>

- Sheltering
- Functional, medical needs clients urged to register
- Special needs registry
- Disaster supply kit and planning tips
- Siren map and advisory and warning system
- Threat condition definitions
- Public transportation & sheltering guide
- Man-made emergency guide
- Hurricane planning guide
- Family emergency preparedness
- Terrorism
- School safety
- Senior citizen hurricane action guide
- Hazardous materials
- Earthquake



(912) 201-4500

www.chathamemergency.org



City of Pooler Planning and Zoning Updates May 23, 2016

The regularly scheduled meeting of the Pooler Planning and Zoning Commission was held on Monday, May 23, 2016. Members present were Craig Brewer, Ernest Buckstine, Samuel Bostick, Linda Waters and Alice White. Councilwoman Rebecca Benton was also in attendance. Chairman Samuel Bostick called the meeting to order at 6:00 p.m.

Samuel Bostick gave the invocation and led the Pledge of Allegiance.

The minutes of the previous meeting were approved as printed upon a motion made by Craig Brewer was seconded by Ernest Buckstine and passed without opposition.

PUBLIC HEARINGS

① Requested Zoning Map Amendment for 205 N. Skinner Avenue from R-1A to C-1: Terry Coleman, with Coleman Company, on behalf of Suzanna Roberts, presented the zoning map amendment to the board for their review. A daycare has been in operation for approximately 34 years and existed prior to the adoption of the zoning ordinance. The daycare has been vacant for over six (6) months, and according to Appendix A, Article III, Section 1 (B) (5), a nonconforming use cannot be reinstated after it has been abandoned. It shall be prima facie evidence of abandonment for the owner and/or operator of the nonconforming use to discontinue the nonconforming use of six (6) months, or fail to obtain or renew an existing business license as required under the City of Pooler Code of Ordinance. Adjacent property owner of 204 N. Skinner Avenue, appeared before the board in opposition, stating that if this zoning is approved it would create a potential increase in traffic, noise and decrease property values. Following some discussion and review of the criteria for granting a zoning map amendment, Commissioner Buckstine recommended to deny the zoning map amendment for 205 N. Skinner Avenue, from R-1A to C-2, based on the criteria concerning traffic, noise and decrease in property values. Motion was seconded by Commissioner White and passed without opposition.

② Conditional Use request to construct a self-storage (mini-warehouse) facility at 1415 Quacco Road: James Angle, property owner, presented the conditional use request to the board for their review and recommendation. The facility will consist of approximately 425 units and serve the surrounding three-mile radius. This facility will be a 24-hour self-service location, with no employees on site. According to Article IV, Section 18, mini-warehouses are only considered within the C-1 (Light Commercial) Zoning District, as a conditional use. Commissioner Buckstine questioned the need for road improvements. In response, Mr. Angle stated that since there may be plans in the future to widen Quacco Road, he would like to wait to see if any improvements will be necessary. Fol-

lowing some discussion, a motion was made by Commissioner White to recommend approval of the conditional use request to construct a self-storage (mini-warehouse) facility at 1415 Quacco Road, contingent upon the owner providing a deceleration lane, if necessary. Motion was seconded by Commissioner Waters, and passed without opposition.

NEW BUSINESS

③ Posting of a Performance Bond/Minor Subdivision, Right-of-way dedication and Easement Plat review of Tracts 1-A & 1-E, of the Roberts Tract, for North Godley Industrial Park: Terry Coleman, with Coleman Company, presented the plat to the board for their review and recommendation. The purpose is to subdivide Tract 1-E into two (2) parcels, dedicate a 60-foot right-of-way for Triple B Trail, create a drainage easement along the western property line of Tracts 1-E-1 and 1-A, and in the south and west portions of Tract 1-E-2. The property is located off Jimmy DeLoach Parkway, on the corner of Nordic Drive and Nordic Way. Following some discussion, a motion was made by Commissioner Buckstine to recommend posting of the performance bond and approval of the minor subdivision plat for North Godley Industrial Park, contingent upon the bond being received and the bond amount being approved by the city engineer. Motion was seconded by Commissioner Brewer and passed without opposition.

④ Minor Subdivision Plat review of an 8-acre parcel located on Park Avenue creating Tract 1 and Tract 2 for Lidl US Operations, LLC: Brian Miller, with Bohler Engineering, presented the minor subdivision plat to the board for their review and recommendation. The purpose of this plat is to create Tract 1, a 3.475 acre parcel and Tract 2, a 4.528 acre parcel on Park Avenue, adjacent to Courtney Station Apartments. Following some discussion, a motion was made by Commissioner Waters to recommend approval of the minor subdivision plat for Lidl US Operations, LLC. Motion was seconded by Commissioner White and passed without opposition.

Commissioner Craig Brewer stepped down from his seat on the board.

⑤ Recombination Plat review of the northern 85' of the southern 200' of Lots 4, 5 & 6, of the Catherine L. Richardson Subdivision (aka 304 & 304B S. Skinner Avenue): Craig Brewer, on behalf of Angela Doonan, presented the recombination plat to the board for their and recommendation. The purpose of this plat is to move the common lot line to remove several encroachments. Following some discussion, a motion was made by Commissioner White to recommend approval of the recombination plat for 304 & 304B S. Skinner Avenue. Motion was seconded by Commissioner Buckstine and passed without opposition. Commissioner Brewer returned to his seat on the board.

⑥ Site Plan/Landscape Plan review for Krystal at 101 Tanger Outlets Boulevard: The intent is to construct a 1,740 sq. ft. restaurant with 34 seats across from the Tanger Outlets. Due to the petitioner not being present, no action was taken on the site plan. Commissioner Waters made a motion to table the landscape plan, due to the petitioner not being present. Motion was seconded by Commissioner White and passed without opposition.



⑦ Site Plan/Landscape Plan review for Building 1 of the Morgan Lakes Industrial Park: Chad Zitttrouer, with Kern & Company, presented the site plan to the board for their review and recommendation. The intent is to construct a 153,000 sq. ft. warehouse and the infrastructure to support it. The property is located on Lot 2 of the Warnell Subdivision, off Jimmy DeLoach Parkway, across from The Hunt Club Subdivision. Following some discussion, a motion was made by Commissioner Brewer to recommend approval of the site plan for Building 1 of the Morgan Lakes Industrial Park, contingent upon all of the engineering comments being addressed. Motion was seconded by Commissioner Waters and passed without opposition. After review of the landscape plan, a motion was made by Commissioner Waters to approve the plan, contingent upon \$11,287.50 being paid into the tree fund. Motion was seconded by Commissioner White and passed without opposition.

⑧ Site Plan/Landscape Plan review for Building II of the Morgan Lakes Industrial Park: Chad Zitttrouer, with Kern & Company presented the site plan to the board for their review and recommendation. The intent is to construct a 150,000 sq. ft. warehouse and the infrastructure to support it. The property is located on Lot 2 of the Warnell Subdivision, off Jimmy DeLoach Parkway, across from The Hunt Club Subdivision. Following some discussion, a motion was made by Commissioner White to recommend approval of the site plan for Building II of Morgan Lakes Industrial Park, contingent upon all of the engineering comments being addressed. Motion was seconded by Commissioner Waters and passed without opposition. After review of the landscape plan, a motion was made by Commissioner Waters to approve the plan, contingent upon \$11,287.50 being paid into the tree fund. Motion was seconded by Commissioner White and passed without opposition.

Travis Burke, with Coleman Company requested that item #9 be added to the agenda. A motion was made by Commissioner Buckstine to honor his request. Motion was seconded by Commissioner Brewer and passed without opposition.

⑨ Preliminary Construction Plan /Tree Compliance for Forest Lakes, Phase VI: Travis Burke, with Coleman Company, presented the plan to the board for their review and recommendation. This item was tabled by the petitioner on April 11, 2016 in order to meet with adjacent property owners and address their concerns with the proposed development. Mr. Burke stated that a revised site plan and grading plan has been distributed to the adjacent property owners. Adding, that the revised plan includes the grading plan as it shows the areas of grading and clearing where the adjoining property owners were questioning. Further, that the areas were revised to minimize the impact to the adjacent properties and preserve as much existing vegetation as possible. Following some discussion, a motion was made by Commissioner White to recommend approval of the preliminary construction plan and tree ordinance compliance for Forest Lakes, Phase VI, contingent upon all of the engineering comments being issued and the adjacent property owners being notified prior to the June 6th Council meeting. Motion was seconded by Commissioner Waters and passed without opposition

There being no further business to discuss, Commissioner Buckstine made a motion to adjourn at approximately 7:17 p.m. Motion was seconded by Commissioner Brewer and passed without opposition.



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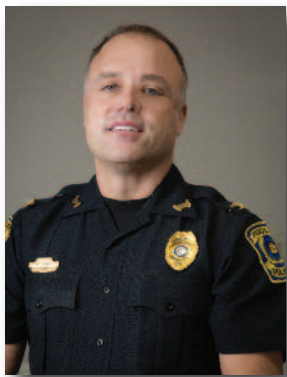
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Police Dept.

Mark Revenew
Police Chief



Technology has evolved at such a rapid rate over the past decade that it has changed the world we live in. So too has it changed the way Police Departments operate and connect with the citizens they serve. Over the last few years, The Pooler Police Department has made some recent technology acquisitions to assist in reducing crime as well as provide services more conveniently to the residents of Pooler. Some of these innovations are for increasing accountability and transparency, while some are to assist in locating offenders in our jurisdictions. All Pooler Police Officers have been wearing personal body cameras since 2010.

In 2011 Pooler Police purchased our first Automatic License Plate Reader system. The system is mounted to a patrol vehicle and scans vehicles 360 degrees and queries the vehicle information scanned against the state's criminal databases. These systems have helped officers locate fugitives and recover stolen vehicles hiding in plain sight. In fact, the Police Department recently launched a new unit, the Crime Suppression Unit, which is outfitted with several of these systems. The focus of the unit is to saturate problem areas and reduce and prevent crime. Having three national interstates running through our city often brings people with bad intentions to our area. Our goal is to identify them before they can take advantage of our businesses and residents.

The Pooler Police Department also purchased a laser crime scene scanner in late 2015. This scanner is deployed to every major crime or accident scene and assists in forensic investigations by capturing 360-degree images of the scene. The scan of the scene is done before any evidence collection or investigation begins, creating a three-dimensional scaled recording of the scene before it has been disturbed by investigators. The Pooler Police Department prides itself on integrity and thoroughness. However, on large accident scenes, one of our priorities is to reopen the roadways and get traffic flowing smoothly again. This laser scanner helps investigators completely document a scene so important evidence can be captured and revisited in the event of inclement weather or clearing the roadways.

Pooler is rapidly growing, and the size of our department is as well. By June 2016 we will employ 49 sworn officers. Each of these officers on the Patrol, Traffic, and Crime Suppression Divisions are equipped with mobile data terminals (computers), in-car printers, GPS devices, and networking capabilities to provide them with the most real-time information available. The department recently upgraded its record

Continued on page 30



Fire & Rescue

G. Wade Simmons
Fire Chief



The City of Pooler Fire Department is gearing up for a very busy summer and all the festivities of the season. Below, we have inserted a few reminders for firecracker safety usage. On behalf of the entire Pooler Fire-Rescue Department, have a safe July 4th celebration.

National stats provided by the U.S. Consumer Product Safety Commission indicates that the most injured body parts due to fireworks: 36% hands and fingers; 19% eyes, heads, faces and ears; 11% chest and stomach areas; 10% legs; 5% arms. More than 50% of these injuries are specifically from burns. Severe burns, amputations, blindness, and, in some cases, deaths are often the result of 4th of July celebrations.

Here is a breakdown of injuries by popular fireworks type: 20% firecrackers; 10% sparklers; 9% reloadable shells; and 4% Roman candles. Additionally, injuries by age: 9% 0-4 years; 15% 5-9 years; 11% 10-14 years; 12% 15-19 years; 11% 20-24 years; 35% 25-44 years; and 9% 45-64 years.

Our Recommended Safety Tips

- ★ Always read directions.
- ★ Always have an adult present.
- ★ Use fireworks outdoors only.
- ★ Never use near dry grass or other flammable materials.
- ★ Light one at a time.
- ★ Keep a safe distance.
- ★ Never point or throw fireworks at another person.
- ★ Never experiment with fireworks.
- ★ Do not experiment with homemade fireworks.
- ★ Have a bucket of water and a hose handy.
- ★ Never attempt to re-light or "fix" fireworks.
- ★ Do not wear loose fitting clothing.
- ★ Never carry fireworks in your pockets.
- ★ Fireworks are not toys.
- ★ Use only State Fire Marshal approved fireworks.

Parents are liable for any damage or injuries caused by their children using fireworks.

The Pooler Fire-Rescue Department is a State Certified Agency that complies with all state approved standards and with all policies and regulations. It is one of the best-trained and equipped fire departments in the region. For additional information, please visit our website at <http://www.pooler-ga.us/pooler-departments/pooler-fire-department.html>.



Public Works

Matt Saxon
Public Works Director



Traffic Stopping Technologies

You're stuck in traffic, waiting for the signal to turn green. When it finally does, you inch forward, as several cars up ahead of you make it through the intersection. Then the light turns red and you hit the brakes again, only to repeat the process.

Most drivers can relate to this frustrating scenario, whether they're commuting to work or heading to the mall. Now, a growing number of cities, counties and states are trying to tackle the traffic congestion nightmare by improving the way traffic signals are synchronized. The City of Pooler along with the City of Savannah and the Savannah Airport Commission is one of the first in southeast to implement "smart signals" to help reduce traffic congestion along the Pooler Parkway and Airways Avenue corridor.

Over the past few decades, most transportation agencies have replaced old-fashioned, pre-timed traffic signals that changed at consistent intervals with newer technologies that detect the presence of cars and adjust the green time accordingly. Many use electromagnetic loops in the pavement. When cars drive over the loops, they activate sensors, prompting the light to stay on for a certain period. Often, the timing at intersections only gets reset every three to five years.

In recent years, many local and state agencies have been upgrading to more sophisticated equipment that manages signal timing. While loops are still used, video cameras gather data on traffic patterns. Instead of having a traffic engineer set and reset a signal's timing in a control room, they install "adaptive" systems that use algorithms working in real time. The signals essentially figure out how much traffic is coming their way and adapt automatically to change their timing.

Better traffic management means more than installing a "Don't Block the Box" sign at busy intersections. The goal is for signals to accommodate changing traffic patterns, so when a driver approaches one signal that's turning green, the next one up the road is also green by the time he arrives.

Integrated Science & Engineering, Inc. was awarded the engineering contract to design the necessary improvements needed to implement the "smart signal" InSync® technology, developed by Rhythm Engineering. With the traditional traffic signal, there are challenges in coordinating movements between intersections and movements through an entire roadway. The InSync® technology is essentially an artificial intelligence that sees all the approaches. It's counting all the cars, and it uses that data to make a decision on which light to turn green next. That way it's serving things more efficiently.

Albert Einstein once said, *"Problems cannot be solved by the same level of thinking that created them."* In developing InSync® – a solution for dozens of traffic challenges – Rhythm Engineering used new thinking from start to finish. InSync®'s architecture, analytic capabilities and optimization algorithms are built on a total reimagining of what's possible.

Transportation experts say that revamping the way signals work will reduce congestion, save fuel costs, cut down on air pollution and make the roads safer. From the perspective of a motorist, the change can be noticeably positive. The goal of the signals is to reduce overall delay and the number of

stops as much as possible. Rather than follow a pre-programmed pattern for changing lights, the new signals will make second-by-second decisions on where the light turns green next.

City of Pooler Mayor, Mike Lamb stated "If you're a driver, it's good because it's going to reduce delays along the corridor. That cuts down on fuel consumption and also impacts safety. If you have smooth traffic flow, that potentially will reduce the number of accidents. Every time you make a stop, there's a chance of a rear-end collision." Despite the advantages, Lamb cautioned, "The new signals won't be a perfect fix. We'll still have congestion at rush hour, even with our adaptive signals. But, it would be far worse if we didn't have this system. Sitting at a red light for what seems like an eternity with no other cars in sight will soon be a thing of the past."

“Transportation experts say that revamping the way signals work will reduce congestion, save fuel costs, cut down on air pollution and make the roads safer.”



Recreation Department Senior Citizen Center

Hugh Elton
Director



It's that time of year again. Summer is here! The kids are out of school and parents are looking for activities to keep them busy and active. There are several activities and camps that will be taking place at the Pooler Recreation Department throughout the months of June and July. While the recreation department doesn't offer the traditional all day type day care camps for kids, there are opportunities to enjoy the different type of activities. From sports camps and summer leagues to gymnastics and baseball tournaments, there is something to participate in.

As an example there are these two camps coming to Pooler Recreation!

KIDS & PROS FOOTBALL CAMP

Dates - July 25th thru 27th - Cost - FREE

Website - www.kidsandpros.com

Kids and Pros incorporate Heads Up safety techniques into their Football Camps and Clinics. Buddy Curry, Kids & Pros President and USA Football Master Trainer, and the Kids & Pros Camp Staff, comprised of former NFL players, incorporate safe Heads Up Safety tackling techniques and position fundamentals, along with character-based lessons into 1-day clinics and 3-day camps for athletes ages 7-13.

Buddy Curry was a the University of North Carolina, four-year football letterman and ACC All-Conference performer at linebacker. He was drafted by the Atlanta Falcons in 1980 and was named NFL Defensive Rookie of the Year. Buddy spent eight years with the Falcons where he was a team captain and a two-time All-Pro in 1980 and 1982. Following his professional career on the field, Curry spent nine years in Operations Management and 11 years in Sales/Fundraising experience with business organizations in North Carolina and Georgia.

In 2002, Buddy founded Kids & Pros, a non-profit 501(c)(3) corporation and character-based youth sports organization that engages retired NFL Players in their communities to teach football fundamental skills and character lessons to youth ages 7-13.



OUR NEWEST PROGRAM

**Pooler Recreation Department
will now offer YOUTH VOLLEYBALL**

Registration: June 6th – July 25th
www.poolerrec.com

Ages: 9 to 12
Cost: \$45 for Pooler Residents
\$90 for non-residents
Season: August 8th - September 30th

Pooler Recreation Department will provide game jerseys
(knee pads will be available)

Looking for Coaches and Officials
This is the first time we have offered this program

T-MAC (TRACY MCGRADY) BASKETBALL CAMP

Dates - June 13th thru 17th - Cost - \$80 to \$125

Instructor: Gregory L. Williams: Started his first camp in Georgia (1998), training many young athletes about the mechanics and fundamentals of basketball. Since then, he has been Tracy McGrady's camp director for nearly 15 years. Mr. Williams has organized many basketball camps and trained hundreds of youth, ages 6-18, from Florida, Georgia, South Carolina, North Carolina, Oregon, Washington D.C., Texas, and Boca, Colombia. Mr. Williams utilizes the mechanics and fundamentals of basketball as the building blocks to develop character, self-esteem, and leadership on and off of the basketball court. Gregory L. Williams is CEO of TMAC, Inc. and Chief Operating Officer for the Tracy and CleRenda McGrady Foundation.

We will also be hosting an additional football camp this June, as well as a high school softball team camp and a Free youth soccer camp in July.

Join us for summer youth basketball, men's basketball, high school summer league basketball and 7v7 football leagues!

Registration will also be open for fall youth sports – football, cheerleading, and soccer. Practices will start at the end of July or early August
For more information, please visit us at www.poolerrec.com.

Pooler Recreation/Leisure & Senior Citizen Center

Senior Citizens Center Brimming With Activities

By Susan Edwards

Director, Senior Citizens Center

The Pooler Senior Center is a happening place – especially once a month when a group of women arrive wearing red hats, purple outfits, and draped in jewels, feathers and scarves. Along with the fun clothes, they bring an attitude that growing older should be marked with playfulness, good deeds and friendship. So who are these dynamic, fun-loving women? They are part of the Red Hat Society, an organization with chapters all over the world.

In 1997 when Sue Ellen Cooper of California was seeking just the right gift for a friend turning 55, she remembered a poem by Jenny Joseph that begins, “When I am an old woman, I shall wear purple, with a red hat that doesn’t go and doesn’t suit me.” Inspired by the poem, Cooper bought her friend and old red fedora from a thrift shop. Her advice to the friend was to grow old in a playful manner, and stay connected to old friends and new. Word spread about the red hat and purple outfit symbolism and soon women of a certain age were hosting tea parties decked out in red hats and purple outfits. In 1998, the Red Hat Society was born and today there are more than 24,000 chapters worldwide and 50,000 members.

Here at the Pooler Senior Center the gathering is known as “**The Red Hat Ladybugs**” meeting. Sitting and knitting is not on the agenda, but going somewhere to play and do a good deed is at the top of the list. The ladies laugh, sing, hug, and keep each other strong. When one goes out for fun, the rest go along. They gab, eat lunch or head out for ice cream.

These ladies are particularly energized when it comes to helping others. Some of their activities include preparing food boxes for the elderly at America's Second Harvest Foodbank, cooking supper and baking cookies for the residents staying at the Ronald McDonald House, collecting items and making Easter baskets for the homebound elderly, delivering food to meals on wheels clients, serving lunch to the homeless at the soup kitchen, collecting hygiene items and making goody bags for Social Apostolate of Savannah to give to needy clients, organizing a coat drive for the homeless to receive with their Thanksgiving meal, collecting over 100 jars of peanut butter for the children during the summer brown bag program, and planting a flowerbed at the senior center for all to enjoy. These are only a few of the fun activities that involve helping our community!

The Red Hat “Ladybugs” gatherings are just one of many ways seniors can enjoy themselves at the Pooler Senior Citizens Center. Through the years, the senior center has proven to be a very important part of the City of Pooler, and it's senior population. Our philosophy is that no senior should have to be lonely, when we have such a variety of activities to offer such as: senior exercise classes where you can work out on your own or with our equipment, line dancing, paint classes, jewelry classes, crafts, day trips, beginners quilting classes, crochet, and also a bowling team who meets every Monday. Hot meals and transportation are provided if needed.

To learn more about our Red Hat Day and other activities, contact Susan Edwards, Director of the Senior Citizens Center, who has worked with seniors for over 30 years and enjoys every minute of it. She welcomes you to come by and take a tour of the facilities and say hello. Contact email is leosignsusan@aol.com or call (912) 330-0493.



Photos of the Red Hat Ladies by Susan Edwards

RECREATION DEPT & LEISURE SERVICES

Hugh Elton, Director
200 Preston Stokes Drive
(912) 748-5776
poolerrecreation@pooler-ga.gov
www.PoolerRec.com

SENIOR CITIZEN CENTER

Susan Edwards, Director
Sangrena Woods - 100 Hwy 80 SW
(912) 330-0493
leosignsusan@aol.com
Monday - Friday 9 a.m. to 3 p.m.



Pooler Chamber of Commerce and Visitors Bureau, Inc.

Pam Southard
Executive Director



Greetings to our city's businesses, residents and visitors! During my term as Executive Director of the Pooler Chamber of Commerce and Visitors Bureau, I have witnessed our city's growth and development in many exciting ways. Ten years ago, there was no Pooler Chamber of Commerce. Today we have more than 300 members and continue to grow. If you are a business owner, new or existing, we invite you to join us and share your insights, leadership and expertise to better the community. The Chamber is the voice of the business community and we are here for you as a business owner.

The Pooler Chamber of Commerce is constantly offering platforms for you to network your business, such as our Business after Hours, Lunch and Learns, 12@12, and providing new opportunities in sponsorship for you to "showcase" your business. Chamber membership is a valuable tool for both your business and the enrichment of the community. Through our monthly newsletters, website and Facebook, we can help you get the word out on your business. Come join us and learn how we can help market and grow your business.

We also host themed community events that strengthen bonds and increase awareness of what our community has to offer. A fine example was our Taste of Pooler in April, where lucky attendees sampled delicious fare from many of our wonderful restaurants. What a great turnout! So much to eat, so little time. Our thanks to all the vendors that participated in this great event.

On June 17th, join us for our Sip&Savor, Casino Night. Sample great wine and tequila and then play the tables for a chance to win great prizes. Tickets for Sip & Savor are \$20. Call the Pooler Chamber of Commerce for more information or to purchase your tickets. This kick-off to our September Patriot Weekend will be a fun-filled afternoon for the entire family.

And in October, two great events...Picnic in Pooler/Cookoff for a Cure will focus on a BBQ cookoff and benefit Breast Cancer Awareness month. Games for children and fun for all. On October 29, take the bus to the Georgia Florida Football Game. Whether you're a Georgia or Florida fan, this is a safe and leisure way to get to and from the game. Party all day and return safely to Pooler.

Whether you live or work in Pooler, the future of Pooler is brighter than ever, offering more for our residents and business professionals. We welcome both our residents and businesses to visit us. See what the Chamber has to offer you.

Please see page 31 for Pooler Chamber of Commerce & Visitor Bureau's newest members.



Congratulations to OrthoNow on their wonderful grand opening and ribbon cutting. Great time, great food and a beautiful facility.





COME TO

pooler Events

CALENDAR OF

YOUR OFFICIAL GUIDE TO WHAT'S HAPPENING IN POOLER.

JUNE 2016-MARCH 2017

JUNE 16

Business After Hours

5:30pm-7:30pm

Hosted by Memorial Health University

Physicians-Memorial Medical Associates

101 Mulberry Blvd #100, Pooler, GA

Complimentary wine, soft drinks & hor d'oeuvres

**BUSINESS
AFTER HOURS**

Memorial Health
University Physicians

JUNE 17



Sip & Savor/Casino Night

6PM-10PM

National Museum of the Mighty Eighth Air Force

AUGUST 18

Economic Outlook Luncheon

a presentation by

Dr. Michael Toma,

Armstrong University

11:30AM-1:30PM Holiday Inn & Suites, Pooler, GA

The
**economic
outlook**

SEPTEMBER

Kick off to Patriot Weekend

Date, time and location TBA

OCTOBER

Picnic in POOLER

Date, time and location TBA

OCTOBER 28

Georgia/Florida Football Game Shuttle

Beginning at 7am

From Pooler to Jacksonville

NOVEMBER 19

Breakfast with Santa/ Shop Pooler

9AM - 11AM

West Chatham YMCA



FEBRUARY 11, 2017

Hearts for Heroes

Gala

6:30-11PM

National Museum of the

Mighty Eighth Air Force



MARCH 16, 17, 18 2017

St. Patrick's Shuttles

6:30AM-12 midnight

location for pick up TBA



If you would like to sponsor any of these great events, please contact us at office@poolerchamber.com or call 912-748-0110

VISIT US ONLINE at POOLERCHAMBER.COM LIKE US ON FACEBOOK!



Congratulations to the Class of 2016

The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace.

Numbers 6:24-26

76 Presidential, Merit, Academic,
Honors, Achievement and Foundation
Scholarships awarded

29 invitations to Collegiate
Honors Programs

1 National Merit Finalist
and Governor's Honors
Program Participant

9 National AP
Scholar Awards

236 Advanced Placement
exams completed

27 acceptances into
UGA and Georgia Tech

Together, these accomplished individuals earned over **\$6 million** in college scholarships.

Call us at **912.721.2114** or visit our website **savcps.com** to learn more about the Class of 2016.



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SAVANNAH CHRISTIAN PREP 2016 POOLER GRADUATES



1st row (left to right) Zach Elton, Drewry, Makenzie Tramell, Emily Parker, Mackenzie Herring, Abigale Otto. 2nd Row Grace Jepson, Summer Hendley, Austin Park, Ty Pilkington, Nand Patel. 3rd Row Dylan Harper, Kennedy Jewel Freeman, Shayna Amundsen, Sydney Bruns, Percy Combay. 4th Row Nate Tosto, Champ Easter, and Shubham Patel.



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POOLER PATRIOT WEEKEND



Thursday, September 8, 2016

PICNIC IN POOLER KICK-OFF TO PATRIOT WEEKEND (Location to be announced)

Hosted by the Pooler Chamber of Commerce & Visitor Bureau, Inc. If you are interested in participating as a vendor for the Picnic in Pooler, please contact us directly at: office@poolerchamber.com. Please call 912-748-0110 for more information.

Saturday, September 10, 2016

FESTIVAL IN THE PARK Pooler Park (Rogers Street)

The event is free and will be family friendly. There will be lots of opportunities to purchase food, drinks and merchandise from local vendors. Be sure to bring a blanket or lawn chairs. See parking options below!

Gates open at 4:00 p.m. and the event is over at 9:30 p.m.

Come out for our third annual First Responders Showcase. This is a great chance to not only meet some of the great folks that serve in our local Police and Fire Departments, but also to check out their vehicles and equipment. The whole family will enjoy this event. Come see firetrucks, bomb sniffing dogs, emergency helicopters and more!

There is limited parking available at Pooler Park. Simply turn in the main entrance to the park. Once that lot is full the Pooler Police will be directing you to our second lot.

There is a second lot available at West Chatham Middle School (corner of Rogers Street and Pine Barren Road). Old Town Trolley will be providing free shuttle service from 5:00pm-10:00pm back and forth from the school to the park and back!



Friday, September 9, 2016

THE GUNS AND HOSES GOLF TOURNAMENT Savannah Quarters Golf Course

There will be a shotgun start at 9:00 a.m.

About the Tournament:

- ★ Four player teams: You can sign up as a team or you can sign up individually and we will pair you with a team.
- ★ Format will be a four person Scramble with a 9:00 a.m. Shotgun start
- ★ There will be lots of special contests throughout the one round event.
- ★ Price includes range balls, 18 holes of golf, and cart.

Three options to play:

- 1) Sign up as a Team \$400 That price includes range balls, 18 holes of golf for 4 persons, and cart.
- 2) Sign up as an Individual \$100 That price includes range balls, 18 holes of golf per person, and cart.
- 3) Have your business or organization become a Major General level sponsor (*which includes a four person team plus publicity for your business*)

BECOME A TOURNAMENT SPONSOR
info@patriotweekend.org

Get The Pooler Rec App!



Fly Your Flag Program

By Pooler Lyons Club

Support the Pooler Lions Club in some old-fashioned American patriotism! We are offering our "Fly the Flag" program as a service to you and our Pooler community.

The Pooler Lions Club will place an American flag on US Highway 80, on the designated days listed below.

A 12 x 12 inch marker with your name, your business name, or one in memory of a person you wish to honor, will be placed with your flag. Your flag and marker will be taken down and stored until the next indicated day.

The display days include:

MLK Day • Presidents Day
 Memorial Day • Flag Day
 July 4th • September 11th
 Election Day • Veterans Day,
 Pearl Harbor Day

When you display your flag, you are letting the public know that you care. Together, our efforts will confirm that we believe in America and support its traditions and freedoms.



Hospice Angels

We need your help! Have a big heart and time to share? We seek volunteers to join us and make a difference in the lives of our patients. Some of our patients have no family and would be forever grateful for the time you can share with them.

Become a Hospice Angel to help individuals that are seriously ill and/or Homebound.

Please call us for inquiries at (912) 748-6000 or email us at hospiceangels@affinishospice.org.



Jill on Money: Website Helps Parents Teach Financial Literacy To Kids

By Jill Schlesinger

According to research from Cambridge University, money habits start to form by age 7. That means that both your good and bad habits can be passed to the next generation. **Dr. David Whitebread**, co-author of the study, said habits of mind, including financial ones, "are largely determined in the first few years of life. ... (E)arly experiences provided by parents, caregivers and teachers ... can make a huge difference in promoting beneficial financial behavior."

The good news is that you don't have to do it alone: The newly relaunched website **MoneyAsYouGrow.org**, created under the auspices

of the federal Consumer Financial Protection Bureau, is a great resource for parents and caregivers because it breaks down what kind of conversations you should be having with your kids at various ages. For example, between the ages of 3 and 5, the site recommends that you identify coins and their value and discuss the difference between something that is free, like playing with a friend, and an item that costs money, like an ice cream cone. You should also introduce the concept of work and the idea that you may have to wait for something you want.

When kids enter elementary school, you may choose to start paying an allowance. That said, it is not imperative to pay allowances. If you do, however, most experts agree that it should not be based on household chores. Rather, it's better to choose an amount based on what you already spend on small discretionary items your child likes but doesn't need - like a toy. Make it clear that the amount you're giving replaces what you would have been spending on her. You should also talk about the concept of sharing money with those who are less fortunate. Like the savings habit, the concept of philanthropy is best learned early.

Try to encourage kids to save 10 percent of their allowance or any cash gifts by opening a savings account. Then you can explain the concept of earning interest and even consider a "matching plan" for your child's savings: You put in 25 cents for every dollar she saves.

Part of this process is helping kids understand that once you spend the money, you no longer have it. This leads to a conversation about choices. How will your child learn to allocate the money between spending, saving and donating? MoneyAsYouGrow.org encourages you to use your daily routine to help: "When you are out shopping, point out essentials such as food and clothing, and ask your child to describe items

that he may want but are optional. ... Talk about how your family decides what to buy and what to pass up."

With teenagers and young adults, you can begin the first of many conversations about debt. Explain why it's important to avoid using credit cards to buy things that you can't afford to pay for with cash. If you plan to cosign for a credit card, make sure that you underscore that any late payments can affect both the child's and the parent's credit history.

As soon as the kids get their first job, discuss the difference between gross pay (before taxes are taken out) and net pay (the amount you take home), and as they enter high school, you can start talking about the cost of college and about whether or how much the family plans to contribute toward education.

As your kids experience new financial situations encourage them to ask you any questions that arise. If you don't feel 100 percent confident about the answer, going through the process together will help you work through challenging experiences or complex tasks.

Jill Schlesinger, CFP®, is the Emmy-nominated, Business Analyst for CBS News. Jill appears on CBS radio and television stations nationwide covering the economy, markets, investing and anything else with a dollar sign. She translates complicated business and economic news into understandable, relatable topics for everyday viewers and listeners. Jill is also the host of the nationally syndicated radio show, "Jill on Money", which airs over 80 markets. Jill is a LinkedIn Influencer and also writes the nationally syndicated column "Retire Smart" for Tribune Media Services. (Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@moneywatch.com.)

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Ensure Privacy In Your Home With Custom Window Coverings

By Nancy Beskar, Budget Blinds

A recent poll garnered lots of attention with its shock-appeal question: "Have your neighbors seen you undressed?" Before you brush this off as ridiculous, consider the following poll results:

- 97% of adults say they have seen their neighbors at least once in an embarrassing situation through a window.
- 33% say the neighbor was under dressed.
- Only 27% of the viewers immediately turned away.
- 52% of the Peeping Toms were spotted.

This study is from the UK, but with the universal nature of human behavior, it's pretty safe to assume these numbers would be true anywhere. So, have you witnessed your neighbors in compromising situations or, perhaps, they've seen you?

Privacy is a key factor for most people when designing window coverings. While a great outside view is appreciated and even enhanced with custom blinds, shades, shutters and drapes, a view out also means a view in.

Windows to the world - Any uncovered window is an invitation for a look inside. At times, inviting a look is intentional. How many Christmas trees are set up in front windows to be gloriously shared when the tree lights are twinkling? And who can ever forget the leg lamp, front, and center, in the living room window in the classic movie, A Christmas Story?

People do have different attitudes towards privacy, as evidenced by the selfie craze. Even so, a selfie is a proactive choice to be seen or broadcast; it's not about being observed unknowingly. Some people value privacy more than others and can't imagine being watched, while others have no problem being a person-of-interest to prying eyes. Regardless of your inclination, you may want to take stock of your window coverings to see if you have the privacy levels you think you do in your home!

Degrees of in-home privacy - It may not be a problem if a family room or kitchen has only limited privacy, but rooms like bedrooms and bathrooms require absolute privacy. Try going outside and peering in through your windows, daytime, and nighttime, to see how far in someone actually can see. You may be surprised by silhouettes or unexpected transparency when the lights are on inside.

The lighter or more transparent a fabric or window covering, the less privacy it will provide. That doesn't mean you can't have filmy window coverings; it just means you may need a secondary window treatment layer for when privacy is required. For example, a child's room may have light-weight curtains that are sufficient for daytime, but at night a coordinating blackout roller shade that "disappears" during the day can provide complete privacy and security for the bedroom. Every style of window treatment will afford some level of privacy.

- Blinds and shutters are either open or closed, creating visibility or privacy with their solid structure slat design.
- Drapes and curtains come in myriad fabric styles that provide varying levels of light blocking and privacy. Lining options range from light-weight to complete blackout. Drapery panels layered over sheer shades or curtains is a popular window treatment to control light and privacy.
- Window shades that come in natural textures like woven wood inherently have a visibility factor due to the open weave. Liners can be added to many natural shades to provide an extra level of privacy. Or, as in the child's room example above, shades can be used in conjunction with a separate liner, so you still have filtered light and privacy, or complete privacy by lowering the second shade.
- Fabric shades, such as Roman shades, have the option of linings to improve privacy. Cellular and pleated shades can combine two styles into one with light-filtering properties as well as privacy.
- Decorative window film offers privacy, but lighting directly impacts visibility.

Privacy tips and takeaways - It may seem unnecessary to say, but unless you remember to close your blinds, shades or drapes, they won't protect your privacy. A good rule of thumb is to close your window coverings when it is dark outside. With the interior lighted and the outside dark, you are basically "on screen" (like in a darkened movie theater) for any passersby or neighbors. Here are some other little tips:

- Teach children to be aware and only undress when window coverings are closed.
- Be sure your window coverings are in good working order, covering the windows as intended.
- When home alone, children should cover the windows.
- Pets can interfere by pushing drapes or vertical blinds aside, creating an outside view for themselves and possibly a peek inside.
- Adding motorization will enable you to set your window coverings to automatically open and close with timers and sensors to increase home security and privacy.
- And finally, closing your blinds or curtains may save you from seeing something next door you don't want to see!

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Daytrippin' Jekyll Island

By Dean Ayers

It is a running joke that most Manhattanites have never visited the Statue of Liberty*. This is also probably true for Parisians and the Eiffel Tower...most of us take our surroundings for granted. Do you ever think about getting away from home to experience something new without breaking the bank and fighting the hassle at the airport? How about a day trip to one of many fine getaways not far from Southbridge.

If you haven't been to **Jekyll Island**, you are in for a treat. Only 87 miles or about 1 hour and 20 minutes from your front door, it is unspoiled, yet accessible. The island offers wonderful opportunities to get out, enjoy, and explore. Nature provides the setting; you set the pace. Enjoy its richly preserved maritime forests, pristine dune systems, and 10 miles of tidal beaches.

First stop is **Georgia Sea Turtle Center**. It was created and is operated by the Jekyll Island Authority as a primary conservation program dedicated to increasing awareness through sea turtle education, rehabilitation and research programs. The Georgia Sea Turtle Center empowers individuals to act locally, regionally, and globally to protect the environment.

The Georgia Sea Turtle Center is an advanced hospital but open to the general public, offering an interactive Exhibit Gallery and Rehabilitation Pavilion with a many sea turtle patients regularly on view for guests.

Hours: Monday-Sunday 9:00 a.m. - 5:00 p.m. (check holiday schedule) You may purchase tick-

ets in advance. \$7 for adults (13+ years), \$6 for Seniors (65+ years), \$5 for children (4-12 years), FREE for children 3 and under., \$6 for Active Duty Military Personnel, College Students and Teachers (ID required).

Jekyll Island's lovely beaches and sandbars are always a favorite with visitors and **Summer Waves**, a local water park, is a must if you are there with the family. There are also bike trails, so consider bringing your own or renting them. An excellent opportunity to learn more about the island is to take a tour of the **Landmark Historic District**. There are numerous fun and educational things to do on Jekyll Island so head on out there and have a ball!

With gas below \$2.50/gallon you can drive to Jekyll Island and back with the family for \$30 (unless you are driving a Hummer). Enjoy!

If you would like to recommend a "Daytrip-pin" getaway, please send me your ideas to dean@southbridgelife.com.

**BTW...Statue of Liberty is actually in New Jersey*



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Police Department - continued from page 12

management software. The reporting system uses the officers GPS device to map each vehicles location allowing officers to respond more quickly to each other in the event back up is needed. The new program also allows officers to more accurately enter driver or vehicle information. This information is then simultaneously run through the national crime database as well as our own records to give the officer the most updated information available on a subject. Any dangerous hits are then broadcast to all terminals notifying officers that a dangerous person has been encountered and back up may be needed. This technology is paramount to officer safety, something we take very seriously in Pooler. Additionally, this software also allows us to share information with other departments using the same system. This system is exceptionally helpful for investigators who may be working cases where other jurisdictions have similar cases or suspects.

Pooler Police also has three officers who are sworn federal agents that work directly with various federal and state agencies like the FBI, GBI, and Secret Service to help combat child exploitation, human trafficking and any federal violations occurring in our jurisdiction. We have a detective assigned to troll the internet looking for child predators and illegally sharing images. This detective who has the latest most sophisticated equipment can analyze various types of devices and data to assist in the preventing and locating cybercriminals. In cooperation with the FBI's Child Exploitation Task Force, our agency has helped bring at least 36 suspects off of the street protecting hundreds of innocent children.

The Pooler Police Department is also using technology to provide convenient services to the public. In 2013 officers began issuing electronic citations reducing the amount of time the public had to wait for information about their court date and time, fine amount or payment. The next year we launched online payments. All fines with a balance may now be paid online at www.poolerpay.com. The same service is available via telephone at (855) 719-8111. Also, residents can also use this service, which is available in both English and Spanish, to find their court date and time or fine balance at their convenience 24 hours a day. In the future, we hope to be able to expound on this service and offer a limited view court calendar published to our website. Another convenient tool is the ability to download accident reports online. Drivers and vehicles owners can download a copy of their accident reports online at www.buy crash.com. In June, we hope to launch a new app which will allow residents to submit vacation residency checks and other miscellaneous requests directly to the police department from the convenience of their devices.

Making important information available to the residents of Pooler is something that is of great importance to the Police Department. Residents can connect with us on Facebook to learn about upcoming events like the Drug Take Back event, or the Just-in For Love 5k both held in April. We also regularly post information about road closures and crime tips to help keep our residents safe and informed. We are excited to use technology to keep Pooler safer, more connected, and informed!



Sgt. Detective John Schmitt- Receives A Letter of Recognition

FBI Special Agent William Kirkconnell presenting Pooler Police **Sgt. Detective John Schmitt** with a prestigious Letter of Recognition from the Director of FBI James Comey Jr. Sgt Schmitt was being recognized for his task force participation in numerous investigations over the past 3 years resulting in several arrests for Child

Exploitation and Child Pornography related crimes.

We are proud of our partnership with several federal agencies in eradicating these offenders from our area.



We Got Drugs!

The Pooler Police Department aligned with the U.S. Drug Enforcement Agency (DEA) in the **11th Annual National Prescription Drug Take Back** event. The event took place April 30. Police Chief Mark Renew and his department encouraged Pooler residents to drop

off any unused, needless, and expired medication for safe disposal. The Department reported successfully collecting and removing over **100 lbs of medication** out of the community.

The National Prescription Drug Take-Back addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are at alarming rates, as the number of accidental poisonings and overdoses due to these drugs. Studies show that many abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. Also, many Americans do not know how properly dispose of their unused medicine, often flushing them down the toilet or throwing them away - both potential safety and health hazards. Thank you for those that participated and helping us minimize drug abuse and safe disposal.



Welcome New Members



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and Visitor Bureau**

is proud to introduce and welcome
our newest members:

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Who, What, Where & When

JUNE

3-5 ~ GA STATE LIONS CONVENTION

Contact: (912) 988-1466

6 ~ YOUTH VOLLEYBALL (thru July 25)

Pooler Recreation Center

Contact: www.poolerrec.com

12 ~ CODE ORANGE CONCERT FOR DERICK - 6 pm

Allee Shrine Hall

Contact: (912) 988-1466

13-17 T-MAC BASKETBALL CAMP

Pooler Recreation Center

Contact: (912) 9748-57766

16 ~ BUSINESS AFTER HOURS - 5:30 pm - 7:30 pm

Memorial Health Center

Contact: (912) 748-0110

17 ~ SIP & SAVOR / CASINO NIGHT - 6 pm - 10 pm

National Museum of the Mighty Eighth Air Force

Contact: (912) 748-0110

28 ~ LIONS MEET & GREET - 6 pm

Lovezzola's

Contact: (912) 988-1466

JULY

16 ~ GA LIONS DAY

Camp Waycross, GA

Contact: (912) 988-1466

25-27 KIDS & PROS FOOTBALL CAMP

Pooler Recreation Center

Contact: www.kidsandpros.com

26 ~ LIONS MEET & GREET - 6 pm

Lovezzola's

Contact: (912) 988-1466

AUGUST

18 ~ Pooler Chamber ECONOMIC OUTLOOK - 11:30 am

Armstrong University

Contact: (912) 748-0110

SEPTEMBER

8 ~ KICK-OFF TO PATRIOT WEEKEND - 5:30 pm - 8 pm

Location to be announced

Contact: (912) 748-0110

9 ~ GUNS & HOSES GOLF TOURNAMENT - 9 am

Savannah Quarters Golf Club

Contact: info@patriotweekend.org

10 ~ FESTIVAL IN THE PARK - 4 pm - 9:30 pm

Pooler Park - Rogers Street

Contact: (912) 748-0110

Submit your FREE calendar listing or inquiries, please contact:

email: dean@AyersGroup.org

phone: (702) 767-0508

Please send the Who, What, Where, and When info along with your contact name and phone number. Get your event published, it is that easy.



Pooler Today, is a magazine for and about you and your neighbors. We look forward to your participation and comments. We LOVE pictures, lots and lots of pictures, so snap away and we'll include what we can. Are you an artist? We would love to share your creative artistry with the community, so send us your images. Post your special events and classifieds. Check it out...

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See page 41 for more details on Classified Advertisements.



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- **Swim Like a Hurricane** – Swim Team Registration Open til June 8th
- **Best Summer Ever** – Summer Day Camp Registration Open with Specialty Camps Available
- **Explore Life Through Goggles** – Pool Open Daily for Laps and Family Fun
- **Money Matters** – Parent/Teen Money Management Class
June 26th 5:00 p.m.– 6:30 p.m. (Sign Up at Front Desk)



For details please call us - West Chatham YMCA Welcome Center 912-748-9622

Flooding Preparedness

By Meredith Ley

CEMA, Public Information Officer

Here are 10 Facts that every Unincorporated Chatham County Resident should know:

(1) Chatham County's Local Flood Hazard - Because various locations of Chatham County are located within low lying coastal plains; these areas are susceptible to flooding from the Savannah, Wilmington, Vernon, Forest, Grove, and Ogeechee Rivers. The Springfield, Casey, Placentia, Pipemakers, and Hardin Canals can also cause flooding. As a coastal community, Chatham County is also subject to flooding from hurricanes. On July 10, 1948, over 5 inches fell within a 24-hour period. Since 1948, Chatham County has flooded over 14 times due to storms with 4" of rainfall or more. The County has on record over 1400 dwellings that flooded during those flood events.

(2) You should know your flood hazard. Check with the Chatham County Department of Engineering at (652-7800) to find out what flood zone you are in and what the Base Flood Elevation (BFE) is for your neighborhood. You can also use the forms or email address on this page to obtain a Flood Zone Determination letter. Check with Chatham Emergency Management Agency (CEMA) at (912) 201-4500 to find out about the flood warning system (how much warning can you expect, and what evacuation route you should use). You can also view **COMCAST Channel 16** and refer to the phone book to gain additional information including evacuation routes and the location of emergency shelters.

There are specific measures you can take to protect yourself from flood waters. Learn how to turn off the gas and electricity to your house and do so if flooding is imminent. Be sure not to try to walk through flowing water or drive through flooded areas. Drowning is the number one cause of flood deaths followed by electrocution. Electrical currents from downed power lines and your home circuits can travel through water causing a safety hazard. **STAY OUT OF FLOOD WATERS!!**

Contact Michael Blakely, the C.R.S. Program Manager in the County Department of Engineering at 124 Bull Street, Room 430 (652-7800) for free publications on how to protect yourself and your dwelling. Additional information can be found on FEMA's web site at www.fema.gov.

(3) Flood Insurance - The County participates in the National Flood Insurance Program (NFIP). In doing so, local insurance agents can sell a Flood Insurance policy, which is separate from regular property insurance, at subsidized rates set by the Federal Government. The Federal Government passed a law making it mandatory for owners to obtain a Flood Insurance policy if the structure is in a Special Flood Hazard Area (SFHA) and the loan is Federally backed. Flood Insurance can cover the structure alone or cover a combination of the structure and contents. Renters can buy coverage for contents, even if the owner does not have

structural coverage. A new insurance policy is now available that assists in bringing a noncompliant structure up to the NFIP standards if the building is substantially damaged or repetitively flooded. Flood insurance is also available for structures outside the 100-year floodplain (Zone X). There is normally a 30-day waiting period before flood insurance goes into effect. Therefore, it is essential to plan ahead.

Chatham County subscribes to the Community Rating System (C.R.S.). By doing so, 15,877 flood insurance policy holders have received a 5% discount on their policy cost. Currently, our residents saved a total of \$257,400 each year on flood insurance premiums. That's an average of over \$16 per policy holder.

(4) Property Protection - In order to protect your property, electrical panel boxes, heat pumps, washers and dryers and water heaters should be elevated or re-located to areas less likely to be subjected to flood waters. Anchor and elevate fuel tanks. Raising the furniture and other valuables on blocks also will offer protection. If you have a basement, take preventive

measures from flooding due to sewer backup or sump pump failure by having a check valve installed. Know what options there are to retrofit your house. Retrofitting means to alter the building to eliminate or reduce flood damage. There are several options to consider: elevation, flood barriers, dry floodproofing, and wet floodproofing. There are several references in the public libraries on retrofitting and additional documents pertaining to floodplain management topics. It's a good idea to keep materials around like sandbags, plywood, lumber and plastic sheeting. These materials can help mini-

mize the damage caused not only by flood waters but damage by hurricane force winds too.

Staff personnel from the Departments of Engineering and Public Works are prepared to make site visits, upon request, to assist property owners with flooding, drainage and sewer problems and to address any site-specific flooding concerns within your community. This service is provided at no charge. For additional information on flooding, flood insurance, flood zones, retrofitting, or how to pick a contractor, you may call the Michael Blakely in the County Department of Engineering at (912) 652-7800.

(5) Natural and Beneficial Functions of Floodplains - Natural floodplains generally include marsh areas and low lying areas along canals. Open parks such as Henderson Golf Course also have natural flood plains. Our natural floodplains reduce damage by allowing flood waters to spread out over large areas which help facilitate absorption into the ground, reduces flow rates and serves as a flood storage area to reduce downstream peaks. We should all do our part to help keep our floodplain and floodplain waters free of contaminants such as oil, paint, anti-freeze and pesticides. These chemicals pollute the marsh waters that the local wildlife depends on upon for their habitat.

Chatham County has barrier islands such as Little Tybee, Ossabaw,



Cabbage and Wassaw Islands. These islands serve as a natural protective barrier to incoming hurricanes forces such as wave attack and serve to reduce tidal and wind energies. These islands serve as natural aquatic habitats, wetlands, marshes, and estuaries.

(6) Flood Warning System - In Chatham County, the Chatham Emergency Management Agency (CEMA) manages the flood warning system. Once CEMA receives a potential dangerous warning, sirens will be activated. The sirens can give as little as fifteen minutes warning time. When you hear the sirens, information can be heard on the television (WTOG, WSAV, or WJCL) or the radio at WCHY (94.1) on what to do. Information can be heard on the NOAA weather radio broadcast at frequency 162.40. Local evacuation routes can be found in the phone book. For additional information, contact CEMA at (912) 201-4500.

(7) Permit Requirements - There are certain things you need to know when considering this question. The County Flood Damage Prevention Ordinance requires that all construction, additions, conversions and development located in areas of special flood hazard comply with certain minimum standards intended to minimize damage from floods. For example, houses and certain other structures are required to be built at or above the 100-year base flood elevation. The County Zoning Ordinance requires that building permits be obtained from the County Department of Building Safety & Regulatory Services. The County Stormwater Management Ordinance has restrictions on the placement of fill in special flood hazard areas. The County Land Disturbing Activities (LDA) requires permits for certain land disturbing activities and requires soil erosion control best management practices for construction even if an LDA permit is not required.

To obtain a building permit, contact your building official at the Chatham County Department of Building Safety and Regulatory Services at 1117 Eisenhower Drive, Savannah Georgia or phone them at (912) 201-4300. If you see someone working without a building permit or if you have any other questions or concerns about permits, please do not hesitate to call (912)201-4300.

(8) Substantial Improvement Requirements - Any substantially improved or substantially damaged home must be brought up to the NFIP and County Flood Ordinance requirements. This is known as the 50 % Rule. The "50% Rule" states that if the lowest finished floor of an existing house is below the base flood elevation (BFE) and the cost of repairs or renovations will increase the structures original Fair Market Value by more than 50%, then the lowest finish floor elevation must be raised or elevated to at least the BFE. In the VE zones within Unincorporated Chatham County, the bottom of the lowest horizontal member must be brought up to or exceed the BFE. Also, note that additional County Floodplain requirements may apply.

(9) Drainage System Maintenance - Besides flood insurance, you should protect your structure by ordinary preventive means. For example, do not sweep or blow yard leaves, pine needles, grass clippings or soil into the street or storm water system. This clogs up the pipes and prevents water from draining. If your property is adjacent to a drainage ditch, please aid the County by keeping the banks clear of brush and debris. Dumping in ditches is prohibited as stated in the County's Storm Water Management Ordinance. To report someone dumping trash in the canals, storm drainage system, drainage ditch, or to request needed maintenance of drainage facilities, please contact the Department of Public Works a (912) 748-4800.

(10) Unincorporated Chatham County Flood Prone Areas - You can review the flood zone map information at www.sagis.org to determine if you are in or near a flood prone area.



Pooler Lions Club Updates

At the April 26th Pooler Lions Club Meet & Greet **The School Nurse of the Year Award** was announced. The winner was **Elaine Loftin** from West Chatham Elementary School and **Len Cutuli**, President, presented a plaque to her. Also pictured is Principal Sharon Draeger.

Vision screenings were held in all the schools by the Pooler Lions Club and Ms. Loftin invited parent volunteers to assist. She also applied for a grant to obtain a Welch Allyn hand held vision screener for her school.

All the nurses participated in the Lions Club Sight for Students Program. The Lions pay for the nurses to join the National Association of School Nurses and they each receive 25 vouchers for free eye doctor exams and glasses for qualifying students at their schools.

Other school nurses who were presented with certificates of appreciation were:

Jenny Boone - Godley Station,
Debra Miller - Godley Station
Marla Danis - Pooler Elementary,
Latoya Bonilla - West Chatham Middle,
Cheryl Hollis - New Hampstead.

Congratulations Nurses!

UPCOMING ACTIVITIES

June 3-5

GA State Lions Convention at Callaway Gardens

June 12

Code Orange Concert for Derrick
Allee Shrine Hall, 100 Eisenberg Drive, Savannah,
6 p.m.

June 28

Meet & Greet at Lovezzola's at 6 p.m.

July 16

Georgia Lions Day at our camp in Waycross, GA

July 26

Meet & Greet at Lovezzola's at 6 p.m.

CROSSWORD CLUES

ACROSS

- 1 It's often swiped at offices
 11 Censor's target
 15 Deer, e.g.
 16 Leveret's dad
 17 Reminder, often
 18 Largest island in the Tuscan Archipelago
 19 Slip in a store: Abbr.
 20 Quarters
 21 Olympics coach Karolyi et al.
 22 "Fooled ya"
 24 Corn lead-in
 25 Carbon compound found in crude oil
 26 Closed up
 28 Attire for filmdom's The Mask
 30 Month in el invierno
 31 Terminal
 32 Member of the fam
 33 Tiny time div.
 35 Govt. collectors
 37 "Sweet!"
 40 Norwegian flag feature
 42 Indian bigwig
 46 Intimate
 48 Words to a savior
 49 Breaks off
 50 Naval NCO
 52 Big name in shaving
 53 "The Girl Next Door" co-star Hirsch
 54 Work unit
 56 Much
 57 West Virginia resource
 58 Lingered
 60 Biblical preposition
 61 Surrounded
 62 High school subject?
 63 Commercial success

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Junior Summer Tennis Camps

By Nancy Bondurant, Southbridge Tennis Club

Southbridge Racquet Club is a private tennis club nestled among the trees in the beautiful Southbridge Community, located off of I-16 and Dean Forest Road. The racquet club features twelve hard courts as well as two hard courts. Nine of the courts have lights for night play. Southbridge Racquet Club boasts some of the best tennis in the Savannah area with players ranging from beginner to advanced seven years of age to seventy plus. Many of the racquet club USPTA league teams have enjoyed play in the state and sectional tennis championships after advancing as local winners.

The Southbridge Racquet Club has two certified Tennis Professionals on hand to help you with your tennis game from beginner to advanced levels. We have a fully stocked pro shop features a racquet restringing service

along with the best prices in town. We also have demo racquets you may try before purchasing your new racquet. Whether it's a new racquet, new shoes, or clothing, our knowledgeable staff is ready to help you make your decision. Look for our monthly pro shop specials where you can save more.

Summer Camp Schedule

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Session one: June 6th - 10th

Session two: July 4th - 7th

Beginner to intermediate junior camp (ages 5-13):

Session one: June 13th - 17th

Session two: June 27th - July 1st

All tennis players are invited to become members of Southbridge Racquet Club. Now is the perfect time to start playing tennis, either for the first time or again! Whether it's for exercise, camaraderie, or friendly competition, we have it all here at the tennis club. For more membership information, please call the club at (912) 651-5466 or stop by:

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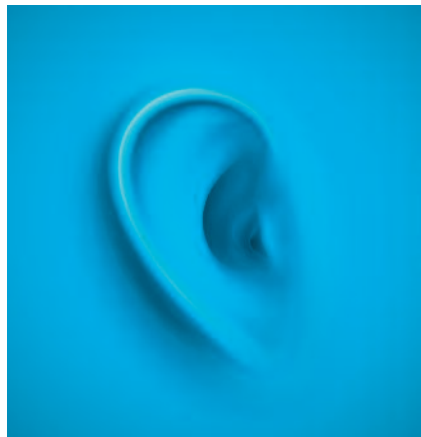
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Medical Edge: Hearing Loss Should Be Evaluated As Soon As It's Recognized

By Matthew Carlson, M.D., Otorhinolaryngology
Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: My husband is 68 and has some hearing loss but won't go to see the doctor. He says it's a normal part of aging and thinks there's not much that can be done for it anyway. How is age-related hearing loss treated, other than a hearing aid? Is there a benefit to having his hearing evaluated now as opposed to waiting until it gets even worse?

ANSWER: *This is a great question and something we frequently hear from our patients. It is often because of concerned family members and friends - rather than the patient - that people come to a doctor for hearing loss evaluation. There are two main reasons why it is important to have hearing loss evaluated as soon as it's recognized: first, to determine the cause and second, to review possible treatment options. Early intervention may be associated with a better outcome, depending on the cause of the hearing loss.*

Perhaps the first and most important point to make is that while hearing loss does occur in many people older than 50, it's not always from so-called "age-related hearing loss," or presbycusis. In a small percentage of patients, hearing loss may be the first recognized symptom of a more serious underlying condition, such as a tumor. This may be particularly true in patients with a more sudden decline in hearing, or in cases where hearing loss is worse in one ear compared to the other. When ear drainage, facial paralysis, headache, slurred speech or weakness develops along with hearing loss, it should be evaluated by a doctor as soon as possible.

Hearing loss often is a part of aging. But in almost every case, there are effective ways to manage it. To decide on the best course of treatment, it's critical to identify the type and severity of hearing loss a person has. This can be determined by a hearing test called an audiogram.

There are two basic kinds of hearing loss: conductive and sensorineural. Conductive loss usually involves problems of the ear canal, eardrum or the three bones of hearing. Common causes of this pattern of hearing loss include a buildup of earwax, infections, a ruptured eardrum, and stiff or absent bones of hearing.

Sensorineural loss usually involves damage to the organ of hearing, called the cochlea, or the nerve of hearing, called the auditory nerve. In adults, age-related hearing loss and a history of loud noise exposure are common causes of sensorineural hearing loss.

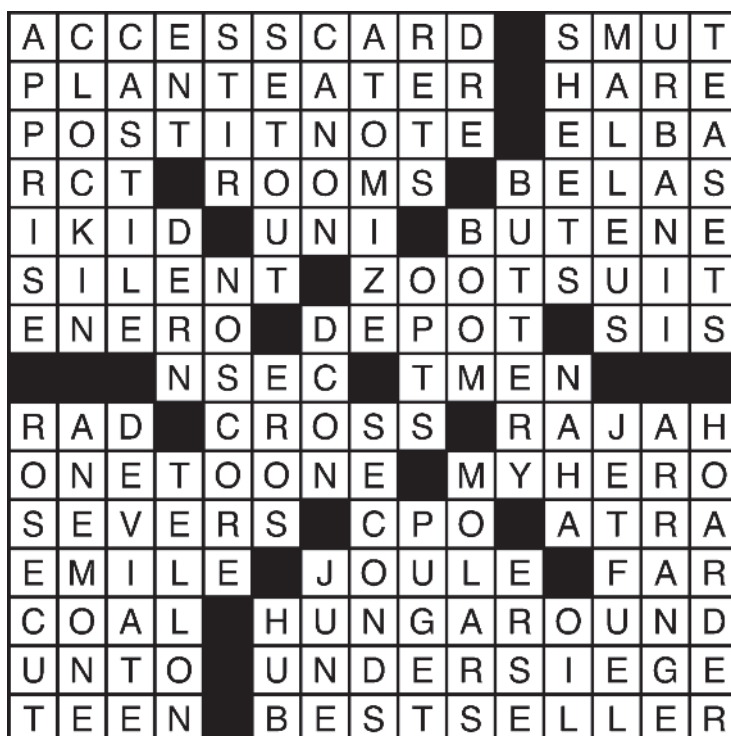
Age-related hearing loss is usually gradual and most commonly affects both ears equally. Many people first notice this type of hearing loss when they start to have trouble hearing others speaking in a noisy environment or when using a telephone.

If hearing loss is associated with aging, hearing aids are usually the most effective way to manage it. Although some people may dislike the idea of wearing a hearing aid, current models are small and discreet. Some can be placed entirely in the ear canal, making them almost invisible.

Many types of conductive hearing loss can be effectively improved with surgery. For mild to moderate conductive and sensorineural hearing loss, hearing aids also are very effective. As an alternative to conventional hearing aids, implantable hearing devices may be an option for some patients. For severe losses, hearing aids are generally less useful and a cochlear implant may be an option to consider.

Research has shown that the treatment of age-related hearing loss has many benefits, such as improving the ability to hear in social situations and to communicate with others. This makes it easier for older adults to continue in their normal routines and to interact with friends, family members and other people they come in contact with each day. I would encourage your husband to have his hearing evaluated soon.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)





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Pooler Today Magazine is proud to present Steve and Teri Bell, owners of Miss Sophie's, Pooler's beloved restaurant and caterer. We welcome their contributions in true Southern Hospitality to the Pooler community.



Miss Sophie's Squash Casserole

Squash casserole is one of the bestselling casseroles at Miss Sophie's. In the month of June we have a 20% increase in squash casserole sales. The recipe is simple, but local, fresh squash is the key to maximum flavor.

Ingredients:

- 1 ½ lbs yellow summer squash, sliced
- 1 sweet onion, diced
- 1 cup grated cheddar cheese
- 1 stick of butter, melted
- ½ cup milk
- 2 eggs, beaten
- 1 cup crushed saltines
- Salt & Pepper to taste
- Grated cheddar for topping

1. Preheat oven to 350 degrees. Grease a 2 quart casserole dish with spray or butter.
2. Place onion and squash, into a large saucepan, cover with water add salt and pepper and bring to a boil. Reduce heat to medium, cover and cook until squash are tender, approximately 30-40 minutes.
3. Drain squash and pour into a large mixing bowl.
4. Stir butter, milk and cheddar cheese into squash, mixing well.
5. Add eggs and saltines and stir.
6. Pour into greased casserole dish and cover the top with cheddar cheese.

Bake for 30 minutes at 350 degrees F (175 degrees C) until cheese is melted and the center is hot and bubbly.

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Share all your joy and excitement and newsworthy announcements! A great opportunity to post a calendar of events item to promote your activity. Email your images and articles, we'll even edit them for you. All submissions must be received by the 15th of each month for the following month's publication. Contact Dean at (702) 767-0508 or email dean@AyersGroup.org or visit www.AyersGroup.org.

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Pelvic Floor Dysfunction Affects Women and Men

By Sarah Dagley
P.T., DPT

Rehabilitation Institute
Memorial University
Medical Center

Pregnancy, surgery and the aging process can weaken pelvic floor muscles. This can result in urinary leakage, urinary retention, pelvic organ prolapse and/or pelvic pain. But help is available through a specialized type of physical therapy that targets those muscles.

The pelvic floor is a layer of muscles that connect to the pelvis and supports your bladder and bowel. In women, it also supports the uterus.

Some women experience pelvic organ prolapse, especially if they have had several children. It occurs when the tissues and muscles no longer support the organs appropriately, allowing them to drop from their normal position. Most commonly it is the bladder that drops. Symptoms include a feeling of heaviness, pain with intercourse, urinary retention or leakage, or the sensation that you are sitting on something.

Pelvic floor physical therapy cannot correct a pelvic organ prolapse, but strengthening the pelvic floor may prevent the prolapse from worsening. Your physician can assess the severity of your prolapse and determine if pelvic floor strengthening may benefit you.

Although pelvic floor muscle dysfunction is more commonly thought of as a “woman’s problem,” dysfunction also occurs in men. Dysfunction and spasm of the pelvic floor muscles can cause symptoms that mimic prostatitis by causing pain and difficulty urinating. Male pelvic floor dysfunction is rarely discussed and often misdiagnosed. If you have difficulty urinating and your physician has ruled out the prostate as the cause, pelvic floor physical therapy may help relieve these symptoms.

Pelvic floor muscle spasm, possibly due to stress, may occur in both men and women. Stress is a natural response to danger or life-threatening events; once these events have passed, the body should return to normal. When that doesn’t happen, a chronic state of stress may result in tightening of the pelvic floor muscles. This can cause pain, constipation, inability to urinate, sexual dysfunction and more. Pelvic floor physical therapy may help promote muscle relaxation and flexibility through use of manual therapy, biofeedback and guided relaxation techniques.

Sarah Dagley is a physical therapist specializing in pelvic floor therapy at The Rehabilitation Institute at Memorial University Medical Center. She offers private pelvic floor physical therapy for women and men at the Pooler and Savannah offices. Call 912-273-1000 to learn more, or go to women.memorialhealth.com.

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